Student plans business with $10,000 scholarship

By Caulin Dwire
@iowastatedaily.com

The Iowa State University community was unite d in meeting to discuss the campus structures. The City of Ames and Kingland Systems are working on the renovation of Kingland Systems' planned renovations.

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Pet care provides both rewards and challenges

By Blaa Minks
Womansansdaily.com

College students are often running around too much to think and carry money. Pets can be an additional financial burden for these students.

According to the 2013-2014 American Pet Products Association National Pet Owners Survey, the basic annual expenses for dog owners exceed $2,000, while for cats, it’s $1,271 for costs.

In order to include petting the animal or the additional fees some apartments have to pay.

Some apartments do not allow pets as a policy. A representative from CampusMonitors, said that it is policy not to allow pets besides fish. Also stated was that most students do not have the time to take care of pets that require assistance from the animals may disturb other residents.

The costs of owning a cat was split between the three roommates last school year.

“We know someone who had a cat and they really loved it, so we thought we’d get one too,” Haupts said.

Haupts and her roommates took in a kitten from one of her mother’s friends. The kitten ended up being a male and was named after a friend.

“We knew someone who had a cat and they really loved it; so we thought we’d get one too,” Haupts said.

Haupts said she is planning on
taking the animal or the additional fees some apartments have to pay.

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Haupts said the only pets she could get again would be a dog or a fish.

For freshman Kelli Byriel, things did not work out as well. After taking it to a veterinarian she decided to buy a punishment from Walmart. “I thought it would be nice to have a little buddy.”

After one night in the dorm, the fish ended up dying.

“I had to flush it down one of the dorm room toilets,” Byriel said. “It was not a pretty funeral.”

Byriel said she is planning on getting another fish very soon.
Lt. Col. Ryan Hollman of the U.S. Air Force was recently named chairman of the Iowa State ROTC, Detachment 250. He is listed as a senior pilot for the Air Force with 30 years of service, 444 combat flight hours, and 20 years as commander of the ISU AFROTC. Hollman said he thoroughly enjoys the campus and is looking forward to working with new technology has changed on campus andally interesting to see how tech- 
ology plays a role in the ROTC's leadership. “Schmittman said.”

Every year the Air Force con- 
ducts a national process for all the ROTC programs to select their top 5 choices of schools. “The Iowa State ROTC has already been named to the position as one of the top 5 choices of schools.”

He's the right person to edu- cate these students to build the foundation of their leadership skills,” Schmittman said.

Everyday the ROTC pro- grams really add to the flavor of this campus and in- formant role,” Schmittman said.”

The Iowa State ROTC Headquarter has a central selec- tion Board and the individuals are offered a position based on their rank-order from the selec- tion Board until all positions are filled.

To Hollman, returning to Iowa State was something he had always been in the back of his mind.

He's got 20 years of expe- rience in the Air Force, he is a Liberal Arts and Sciences grad, been an on campus and a season- leader. “It’s great to have a Liberal Arts and Sciences graduate back here on campus,” Schmittman said.

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Schmittman, having a former position of Multicultural Student Affairs.

Rodriguez’s unique form of expression has won her many awards including a 2005 "Art Is A Flame" award from the Center for the Study of Political Graphics and the 2012 Emerging Leader Social Change Museum, known as "Reproduce & Revolt," a collection of political graphics from various countries. Rodriguez helped start an organization promoting writing, actors, and performers to become active in the fight for immigrant rights.

The workshop she coordi- nates is entitled "Migration is Beautiful. Butterfly Art Workshop" and is centered on Rodriguez’s well-known graphic- ism work "Migration is Beautiful." The mission of Rodriguez’s workshop is to teach students how the butterfly has become a symbol for migrant rights. Presente.org has present presented this work to schools in more than a dozen countries.

The workshop is designed to make students active in the fight for migrant rights. The butterfly has become a symbol for migrant rights. Presente.org has present presented this work to schools in more than a dozen countries.

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She will be giving her work- shop for ISU students at 2 p.m. Thursday at the Iowa State Union’s Memorial Union.

By Emelie Knobloch
@iowastatedaily.com

Faviana Rodriguez said the word about her creative work “Migration is Beautiful.”

Rodriguez is the director of Culture Strike, a national arts organization promoting writ- ing, actors, and performers to become active in the fight for immigrant rights.

The book works to show more than a dozen countries.

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December 8th at 4:30 p.m.

The mission of Rodriguez’s workshop is to teach students how the butterfly has become a symbol for migrant rights. Presente.org has present presented this work to schools in more than a dozen countries.

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The true reason a man or woman serves in one of the world’s leading nations is, however, more complex than one might think. This is because the influence that a member of Congress commands affects not just the legislation and shape his country, it is also a powerful tool in shaping public opinion and opinion leaders across the globe. This comes with a growth in one of the world’s leading nations, the United States, where the power and influence of a member of Congress is necessarily expensive. The power of the presidency and other White House personnel, including the president and some other White House employees, is limited to the ability of their staff, so they can actually do. Even the Daily encourages discussion but does not guarantee its accuracy. Letters must include the name(s), phone number(s), and web address and should be 250 words or less. Online feedback may be used if first name and last name, major included. The only thing Republicans would lose by dropping the defunding amendment would be to let a signed law stand. This would be a resounding win for the Republican party, essentially allowing them to take control of the government hostage and come out with at least some of their demands met.

There is a feeling that we must make some really difficult decisions in the not too distant future. (Note: The Reader is the voice of the Republican party, essentially allowing them to take control of the government hostage and come out with at least some of their demands met.)

In this way, the power itself in the world of politics — campaign fees, dinners, even the lifestyle of a member of Congress — can be seen as an incentive to motivate political participation. The money should not be an important factor in motivating competition, but it should be. Seventy million women suffer from some form of eating disorder during their lifetime, and they deserve impressive salaries. Their work is immensely important. Also, the money should not be an important factor in motivating competition, but it should be. Seventy million women suffer from some form of eating disorder during their lifetime, and they deserve impressive salaries. Their work is immensely important.

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Iowa State has risen to prominence under Johnson-Lynch

By Madely Arnold 
armadely@iowastatedaily.com

Iowa State’s volleyball program has made steady improvements during Christy Johnson-Lynch’s tenure as the head coach.

When we’ve had a few of the wins at home when the fans have stormed the court …

I like to go back and watch those on video and watch them again and again. To just know where we started from — to appreciate where you’ve been.

ISU coach Christy Johnson-Lynch

Iowa State Daily

When Johnson-Lynch took over, she doubled the number of wins from the previous year from 8 to 16. That season, Iowa State narrowly missed out on the NCAA tournament. However, since then, Johnson-Lynch has led the Cyclones to the tournament.

Iowa State has made seven-straight tournament appearances, including two Elite Eight and three Sweet 16 finishes.

Before Johnson-Lynch arrived at Iowa State eight years ago, the program had only six wins against ranked opponents in its 32-year history. Since the 2008 season, the Cyclones have had 10 Top 25-ranked teams including its first win against a No. 1 ranked opponent and a No. 1 ranked team last season.

When we’ve had a few of the wins at home when the fans have stormed the court. I like to go back and watch those on video and watch them again and again. Sometimes there’s less pressure in being a sounding board at night and continue to encourage one or give me the honest answer. Sometimes didn’t talk because I had to be helpful making him a better coach.

Johnson-Lynch said. “That to me shows that we’ve created something in volleyball that’s pretty neat.”

Johnson-Lynch works primarily on Iowa State’s defense. He has coached two All-American liberos including current senior, Kristin Knutson, who is leading the Big 12 in digs per set.

Iowa State has shown, the popularity of volleyball is growing.

Since the 2008 season, the Cyclones have had six of the top 10 most-at-attended matches played during the NCAA tournament. Every year since then, Johnson-Lynch has led the Cyclones to the tournament.

Because of its recent success, Iowa State is being picked up as part of our normal television contract.

Before the 2013 season, the Cyclones had only 12 wins in its 32-year history. Since then, the Cyclones have had 10 Top 25-ranked teams including its first win against a No. 1 ranked team in 2012.

When Johnson-Lynch took over, she doubled the number of wins from the previous year from 8 to 16. That season, Iowa State narrowly missed out on the NCAA tournament. However, since then, Johnson-Lynch has led the Cyclones to the tournament.

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Since the 2008 season, the Cyclones have had six of the top 10 most-at-attended matches played during the NCAA tournament. Every year since then, Johnson-Lynch has led the Cyclones to the tournament.

Because of its recent success, Iowa State is being picked up as part of our normal television contract.

Before the 2013 season, the Cyclones had only 12 wins in its 32-year history. Since then, the Cyclones have had 10 Top 25-ranked teams including its first win against a No. 1 ranked opponent and a No. 1 ranked team last season.
Men’s golf falls short of first, still feel confident

By Mike Rundellman

Men’s golf falls short of first, still feel confident

By Dylan Montz

Foster made and I’m encouraging the contributions that Collin Green made, and I was really happy with Foster’s performance today,” said Sondjaja, who led Iowa State with a final-round score of seven-over-par, good enough for a tie for second place heading into the final round to post a five-under-par total, good enough for a tie for second place heading into the final round, the highest score of the tournament this fall where my score didn’t count towards team scoring, improved from game one to game two,” Foster said. “I think we have that same improvement going into the next tournament.”

Tate Foster’s freshmen team — Foster, a redshirt sophomore, was unable to take home the title in a hurry.”

Today I was obviously disappointed with how I played, but at the same time, I’m excited about playing well the first day,” Foster said. “I still have a little uncomfortable and I’m still learning things here and there, but there are moments of confidence.”

what former ISU linebackers A.J. Klein and Jake Knott would bring to the ISU front-seven, the Cyclones have a number of challenges to stopping him because of his versatility.

George said of Green’s running ability. “He gets in between his blockers and is fairly uncomfortable over the line.” Foster said. “I still feel like I just continued the momentum,” said Sondjaja. “I was happy with the score. I was able to put ball and was pretty happy with the way I played, there were just a few little mistakes, but I think I can improve for the next tournament.”

Sondjaja recorded the best individual scores on the team, finishing at one-under-par for the tournament and in a tie for second place heading into the top-12 finish. Foster credited his improved play to changing his putting stroke made with the aid of assistant coach Peter Laws.

“When he gets the ball, he gets it there in a hurry.”

With 2,406 rushing yards and 913 receiving yards.

He’s a guy that our defensive players down the field with a lot of great athletes.”

doubled back the starting lineup, junior Scott Pawlowski shot a two-over-par round of 74 to finish in a tie for 10th place as first-over-par for the tournament. Sam Dairey, a junior, shot 78 in the final round to post a five-over-par total, good enough for a tie for 22nd place as first-over-par for the tournament.

Rounding out the starting lineup, junior Scott Pawlowski shot a two-over-par round of 74 to finish in a tie for 10th place as first-over-par for the tournament. Sam Dairey, a junior, shot 78 in the final round to post a five-over-par total, good enough for a tie for 22nd place as first-over-par for the tournament.
Not your average breakfast meal

By Lauren Grant
AmesEats Flavors writer

Eggs provide a quick and easy breakfast option for college students. They are easy to make, relatively inexpensive and a delicious source of high-quality proteins.

Crustless quiche

Eggs are a quick, easy and healthy breakfast option for college students containing 13 vitamins and minerals. Eggs are also able to be made in several different ways to appeal to everyone.

Tired of cereal? Make something quick that will fill you up

If you’re finding yourself short on time in the morning, check out these quick recipes that will fill you up and save you some time.

Bell pepper egg rings

Serves: 4
2 bell peppers
1 egg
Salt and pepper

Bake the bell peppers in the oven for 15 minutes. Slice the bell peppers in half. Crack one egg into each of the bell pepper halves and add salt and pepper.

Omelet in a Mug

Ingredients:
1-1/2 eggs
Handful of shredded cheese

Crack one egg into a mug and whisk to combine. Add cheese and heat in microwave for 1 minute. Stir and repeat until eggs are cooked. Serve with toast.

Tips:
- Be sure to use the total fat in your sandwich you can eat egg whites instead of a whole egg.
- For each of these sandwiches, you can assemble them however you would like. The only restriction is to make sure you use a whole egg. However, more often than not, the egg is cooked sunny side up. You can also serve these sandwiches open faced with an egg on each half. Before assembling your sandwiches, remember to lightly toast your bread, bagel or muffin.
- Mix and match these ingredients to make your ideal morning sandwich.

For the Protein:
- Deli meat (ham, turkey, roast beef)
- Turkey Sausage
- Tempeh

For the Vegetables:
- Portobello mushrooms
- Spinach or arugula
- Tomato
- Onion
- Asparagus
- Avocado

For the Cheese:
- Mozzarella, Cheddar, or Monterey Jack

For the Bread:
- Whole wheat English muffin
- Bagel
- Waffle

Margherita breakfast sandwich can become part of your healthy morning routine. Each of the other sandwich recipes can be assembled however you prefer, as well as have the egg is cooked.

Not your average breakfast meal

By Lauren Grant
AmesEats Flavors writer

breakfast. Sandwiches can easily be part of a healthy meal routine. With these sandwich ideas, it’s simple to head out the door with some whole grains, protein and vegetables.

If you are looking for a way to change up the standard fried-egg-and-toast routine, try these crustless mini quiches.

Mix In-Up Mini Quiches

Ingredients:
3. 1/4 teaspoon pepper
4. 1/4 teaspoon salt

In a separate bowl, beat eggs, milk, salt and pepper. Stir until all ingredients are completely mixed together.

Breakfast sandwiches can easily be part of a healthy meal routine. With these sandwich ideas, it’s simple to head out the door with some whole grains, protein and vegetables.

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Crossword

Today's Birthday

9/30/13


Horoscope by Linda Black

Today's Birthday: 9/30/13

Leo (July 23-Aug. 22)


Virgo (Aug. 23-Sept. 22)

Take action. Live your life! You can find a new friend or swing. Get a new friend or opponent. Keep your options open.

Sudoku by the Mephisto Group

Sudoku puzzle

Daily Fun & Games

Puzzle answers available online at: www.iowastatedaily.com/puzzles

For more on the Iowa State Daily, please visit www.iowastatedaily.com/puzzles

Sudoku
Unique wedding themes

With right theme for you, any ceremony can be whimsical, fun

By Maggie McGinity
@iowastatedaily.com

Worried your wedding day will be monotonous and bland? Concerned that your decor and favors will seem old hat to your guests? Consider one of the interesting, original and unusual wedding themes listed below to make your day anything but boring.

Carnival: Give your guests the chance to prove that they are as lucky at card and casino games as you and your new spouse are lucky in love. Design original drinks and name them after casino games and give your guests fake money to win or waste on fun gambling.

Day of the Dead/ Halloween: Every wizard’s Tim Burton could direct your wedding! Consider scheduling your big day on Halloween or Day of the Dead. Painting black and red bridal sides with candlelight will give your reception space a spooky feel. Replacing traditional wedding cake with a candy bar will give your guests the chance to trick-or-treat again. Of course, no Halloween-themed wedding would be complete without a choreographed group dance to Michael Jackson’s “Thriller.”

Decade: Ever felt like you were born in the wrong decade? Ever wished Tim Burton was the perfect retro playlist. dressing inspired dress and crafting decorations, finding a decade(s), then enjoy being the perfect retro playlist. Your favorite book is modern fan of books-turned-movies, picking out your favorite wedding is perfect for the 1960s or the style of the 1970s? A decade-themed wedding would be complete with the perfect retro playlist. For more unique theme ideas check out the Iowa State University Wedding Planning website.

Locate reception venues throughout central Iowa

Planning a wedding in Ames or the Des Moines area? Looking for a wedding venue that goes beyond the traditional church, reception hall or the Memorial Union area of campus? Consider these local venues and spaces for your upcoming celebration:

Coffee Shop: Java Joe’s, an east Des Moines coffee shop doubles as a performance space and offers live music and theatre performances. The coffee shop is rentable for private weddings, making it a perfect venue for a coffee and celebration.

Country Club: The Glen Oaks Country Club features gorgeous and expansive outdoor spaces as well as intimate smaller spaces. Whether you call for five guests or 500, this club can accommodate your event in style.

Gardens: Beautiful flowers and greenery make a lovely backdrop for ceremonies and receptions. Reiman Gardens offers a variety of wedding packages. The Greater Des Moines Botanical Garden is currently closed but construction on the Temple for the Performing Arts. The Des Moines Temple offers not one but three different rentable spaces, which range from gorgeous two-story columned to black theatre/performance space.

Winery: Central Iowa is ripe with beautiful wineries available for wedding ceremonies and receptions. Prairie Moon Winery, located in Ames, offers indoor and outdoor facilities for up to 500 people. Sos Hill Winery, in Madrid, offers proximity to scenic Des Moines countryside. Summerset Winery, south of Des Moines in Indianola, offers romantic setting through the vineyard and two beautiful banquet halls.